

**CLASS 5 – "GRAIN GALAXY: EXPLORING THE NUTRITIONAL COSMOS"**

Breath and Balance session was held as monthly activity for the month of April'24, where the students embarked on a journey of self-discovery and wellness. The students delved into fundamental breathing techniques and yoga exercises tailored for the young adventurers in Class V. Through mindful breathing, they learnt to harness the power of our breath to cultivate calmness and focus, essential skills for navigating the challenges of daily life. Coupled with basic yoga poses, explored balance, strength, and flexibility, fostering a harmonious connection between mind and body. Together, they embarked on a playful yet enriching exploration, laying the foundation for a lifetime of holistic well-being. Let's breathe, balance, and grow together!"





